



## **Helen Sadgrove**

### **Managing Director**

### **New Zealand**

Helen is a dynamic and focused professional, experienced working in both the public and private sector at senior levels. She is analytical, with the ability to comprehend and provide key input into complex policy at both National and International levels. Helen is honest and reliable, with a high level of personal integrity and committed to professional standards. With excellent communication and interpersonal skills, Helen has the ability to influence and develop strong relationships with stakeholders at all levels of organisations.

Throughout Helen's career, she has coached and mentored senior leaders and Board members to be masters at context, forming cohesive teams, promoting learning, creating psychologically safe work environments and to be hosts rather than heroes. She has advised sector based, public and private organisations on their performance and practice across a range of requirements in risk, health and safety, food safety and hygiene, public health (infectious and communicable disease) environment and property.

Helen has mentored emerging professionals in health and safety practice and principles, to move away from traditional approaches to safety in order to realise and maximise human potential and organisational adaptive capacity and resilience. She is a trusted adviser and consultant developing strategies, operational plans, management systems and delivering training to fully embed health and safety into the way work is undertaken and developing and implementing audit and assurance programmes.

Helen has advised organisations in the public, private and not for profit sectors on critical risk management, including: NZ Police on dealing with trauma, The search and rescue sector and emergency services on dealing with fatigue.

Helen has successfully led a team of occupational health nurses, psychologists, engineers, safety generalists, rehabilitation specialists, occupational therapists and managers at St John to deliver health, safety, wellbeing, environment and sustainability services to over 20,000 people across over 378 sites.

Helen has published articles and papers on occupational health and safety in national magazines and presented to national conferences, boards and executive teams on various aspects of leadership, governance and health and safety.